



Where possible we strive to source our ingredients from local Cornish producers.

salt*

fish and grill

served 12 - 3 & 5:30-9

Please place your order at the bar

SANDWICHES - Served from 12 noon until 3pm

Lightly toasted white bloomer bread with salad garnish and coleslaw

Club Sandwich - Smoked bacon, chicken breast, beef tomatoes and crispy salad leaves	£6.95
Steak Sandwich - Rump steak, with melted blue cheese and red onion marmalade	£7.25
Hallumi - Chargrilled hallumi, sundried tomatoes, beetroot and mixed leaves	£6.95
Crayfish - Crayfish tails with a citrus mayonnaise and mixed leaves	£6.95
Handful of hand-cut chips on the side	£1.00

NIBBLES

Hand-cut chips	£2.50
French fries	£2.50
French fries & cheese	£3.50
Pitta and houmous	£3.95
Mixed olives	£3.25
Garlic bread	£2.25
Garlic bread & cheese	£2.95
Mixed Salad	£2.95

FISH

Cajun king prawn skewers served with spicy rice and a mango and red pepper salsa with mixed leaves	£8.95
Fresh haddock in a 'Doom Bar' beer batter with hand-cut chips, salad and homemade tartare sauce	£9.50
Homemade Thai fishcakes served with potato wedges, sweet chilli sauce and a salad garnish.	£9.95
Chilli-salted mackerel fillets served on parmesan mash with a homemade tomato chutney.	£8.95

KIDS

4oz 'Salt' burger with fries	£5.25
Kids haddock and chips	£5.25
Homemade chicken fillet nuggets with fries	£4.95
Kids Specials, please check the blackboard	

BREAKFAST - 10:00-11:45

Large Breakfast - 2 smoked bacon, 2 sausages, 2 free-range eggs, beans, mushrooms, grilled cherry tomatoes and toast	£6.95
Small Breakfast - 1 smoked bacon, 1 sausage, 1 free-range egg, beans, mushrooms, grilled cherry tomatoes and toast	£5.95
Eggs Benedict - two halves of English muffins topped with smoked bacon, poached eggs and hollandaise sauce	£5.50
Eggs Florentine - two halves of English muffins, topped with spinach, poached eggs and hollandaise sauce	£5.50
Bacon sandwich	£3.50
Bacon and fried egg sandwich	£3.95

GRILL

10oz rump steak, served with hand-cut chips, homemade onion rings and crispy salad leaves	£13.95
Pepper sauce as extra	£1.95
10oz gammon steak served with a free range fried egg, hand-cut chips and salad	£8.95
The 'Salt' burger - prime beef mince patty in a poppy-seed bun, with homemade relish, gherkins, beefsteak tomato, salad leaves and hand-cut chips*	£8.50
Chicken fillet burger - as above, with garlic mayonnaise on the side and hand-cut chips	£8.50
Burger Toppings - Bacon, blue cheese, cheddar, mozzarella, sweet chilli sauce, red onion marmalade	£0.90

*Salt burgers are cooked 'medium'. Please state if you like yours cooked differently

DESSERTS

Homemade warm chocolate and walnut brownie with orange and mascarpone ice cream	£4.50
Belgian waffles with vanilla bean ice cream	£4.50
Crème Bruleé	£3.95
A selection of locally made 'Moomaid' ice creams from Zennor	£3.95

SALADS

Grilled goats cheese salad with mixed olives, green pesto, cherry tomatoes and honey balsamic dressing	£7.95
Pan fried spicy chorizo and calamari salad with mixed leaves, served with a sweet chilli and garlic and lemon dressing	£9.95
Mezze platter - houmous, stuffed picante peppers, Alioli, mixed olives, sundried tomatoes, red onion marmalade with pitta and white bloomer bread	£10.95

SPECIALS

Please check the board for our daily specials

Our food is cooked fresh to order and at busy times there may be a wait. Nuts are used in our kitchen, and our fish may contain small bones.